

A REVOLUTIONARY APPROACH TO RECOVERY IN RENFREWSHIRE

CIRCLE recovery hub, a unique mental health and addiction service for people looking for a recovery focus

C
L
I
E
N
T



CIRCLE



A WARM WELCOME TO CIRCLE

Generated by a unique, peer-led model, the arrival of the CIRCLE recovery hub represents the beginning of a new era for Renfrewshire’s recovery community. Prioritising lived and living experience, the new service at 81 Glasgow Road is led by a team of staff who are friendly, knowledgeable and always on-hand to help in any way they can.

CONTENTS

- Introduction 4
- Our Ambitions and Strategy 6
- The Details10
- How it Works14
- Activities16
- Our Partners18



CIRCLE



Referrals can be made by phoning **0300 300 1199** (option 4) or by emailing a completed referral form to **ci.circle.recovery@nhs.scot**

AN INTRODUCTION TO CIRCLE

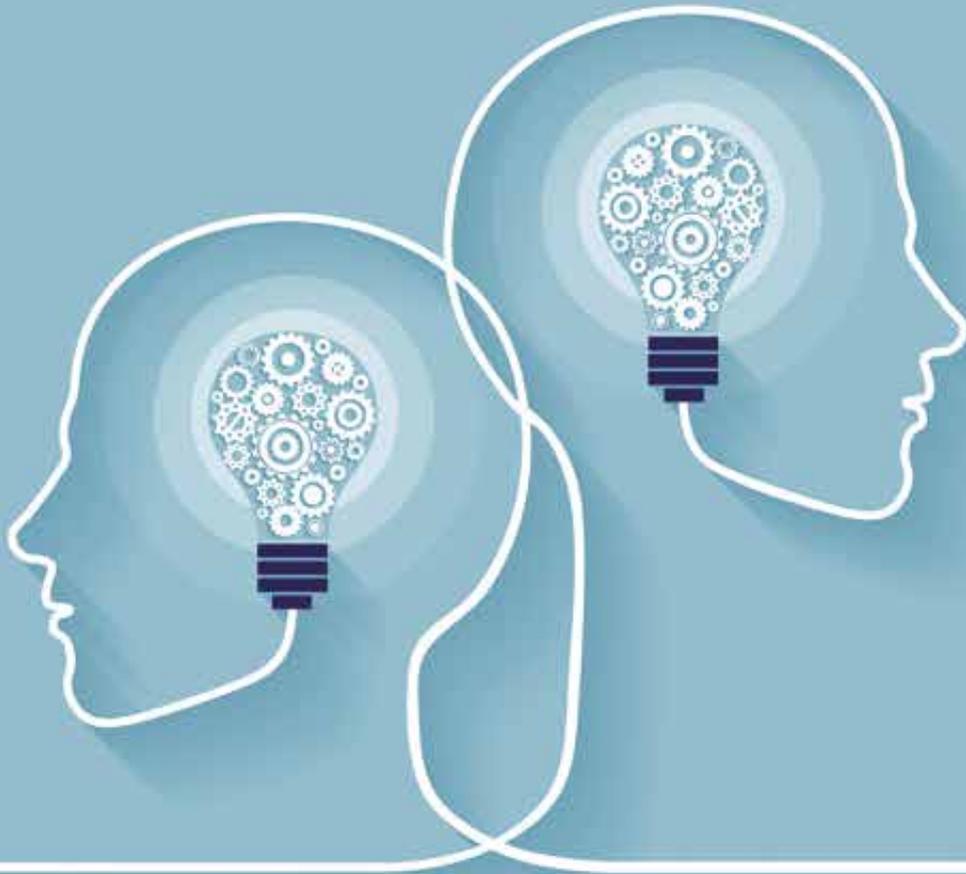
CIRCLE is a mental health and addiction service for people looking for a recovery focus. The first of its kind in the area, CIRCLE is aiming to change lives through leisure, vocational and educational opportunities, occupational therapy and a variety of other recovery-focused activities, events, and programmes.

Most importantly, CIRCLE's focus is on empowering every single one of our clients to take ownership of CIRCLE by helping us to create a menu of activities that they want to see.

Designed as a safe space that encourages and supports recovery, everything from the activities on offer, the colour of the walls and the name CIRCLE has been agreed upon through consultation.

Here, your input is not just valued, but essential and everyone here is on the same page and working for the betterment of Renfrewshire's recovery community.

Above all, it's all about what the clients want. So, if you want to find out more about what we have on offer and how it all works, just keep reading!





OUR AMBITIONS & STRATEGY

At CIRCLE, the team's philosophy is simple. We all came on different ships, but we're in the same boat now. We know that recovery is fluid and things are constantly changing.

But no matter what, we're here to support our clients through the entire journey. At CIRCLE, we know the importance of the freedom to speak your truth and detail your feelings. And if you want to know more about the team, they're readily available for a chat too. Our focus is on gaining and maintaining hope, exploring social identity, and nurturing a positive sense of self.

Being in recovery, we know that you can sometimes feel invisible. But once you're here, then you can rest assured that we'll be on-hand to hear you out. Considering the success that we've had with our focus groups to date, we'll continue to be receptive to what you want to see at CIRCLE.



ABOVE ALL ELSE,
RENFREWSHIRE'S NEW
RECOVERY HUB WILL OFFER
A SERVICE THAT:

1

Is accessible and inclusive; that clearly communicates its aims and ambitions for recovery in Renfrewshire.

2

Is transparent and accountable in recruitment, delivery of service and outcome reporting.

3

Promotes opportunity and choice for service users; to empower people to be in control of their own recovery.

4

Values lived and living experience - to influence and inform service planning and delivery.

5

Identifies and communicates the pathways and community supports to promote life-long recovery.

6

Listens to the feedback from clients and responds to support needs in a flexible way.



THE DETAILS

CIRCLE is located at 81 Glasgow Road, Paisley. There, we've created a purpose-built space that is adaptable to whatever the day might demand. A calming environment that has been specifically designed to be as relaxing as possible, CIRCLE will be used to both support our clients and engage with the wider community.

We very much want this to feel like it's your space, so we'll be looking for input into our programme wherever possible.

As well as recovery workers, CIRCLE has staff in navigator roles who will look to expand beyond Paisley and into Renfrewshire as a whole, we have an Occupational Therapist (OT) who will be available to help develop skills, engage in activities of interest and meet individual recovery goals.

Although it is not a complete list, some of the services that our Occupational Therapist will assist clients with will include relapse prevention, psychological support, life skills for independent living, aids and adaptations, social-emotional, skills development, socialisation, self-care, creative activities, service user involvement, vocational rehabilitation (education, volunteering and employability) and family/ carer support.

MORE DETAILS

Teamed with a series of partners who'll help to deliver a robust programme of activities, your input will be crucial in helping us to construct what happens in CIRCLE day in, day out.

In terms of joining us at the recovery hub, our referral criteria is simple: Before coming aboard, our clients should:

- Have demonstrated a level of stability within Alcohol and Drug Recovery Service / Mental Health community setting (attending appointments regularly etc.)
- Have demonstrated a commitment to recovery
- Have already taken steps to address substance use/ Mental Health
- Be ready to plan for life-long recovery
- Be ready to commit to a contract of engagement regarding expectations and responsibilities

Once each aspect of the eligibility criteria has been met, referrals can be made and you can join us at CIRCLE.





HOW IT WORKS

Ever since we set off on this journey, focus groups and task forces of clients have been crucial in making CIRCLE into what it is. Now that we're opening our doors, we have no plans for it to stop there.

Created to the specifications and interests of those who'll benefit from the service, your feedback on the timetable will be used to let us know what events we'd like to put in place.

A social space as well as a centre for learning and growth, we want CIRCLE to be a safe haven that can provide any activity that may aid in your recovery.

Ranging from football nights and training, volunteering, and employability opportunities as well as one-to-one support, we're eager to take whatever you'd like to see onboard and make it a reality.



ACTIVITIES

So, although this isn't set in stone and we're happy to make changes according to what our clients are looking for, here's a list of some of the things that we've provisionally planned to offer.

- Guitar group
- Creative writing
- Meditation
- Yoga
- Acudetox
- Art Group
- Walking group
- Fishing group
- Gardening
- Book group
- Barista training
- Therapeutic groups

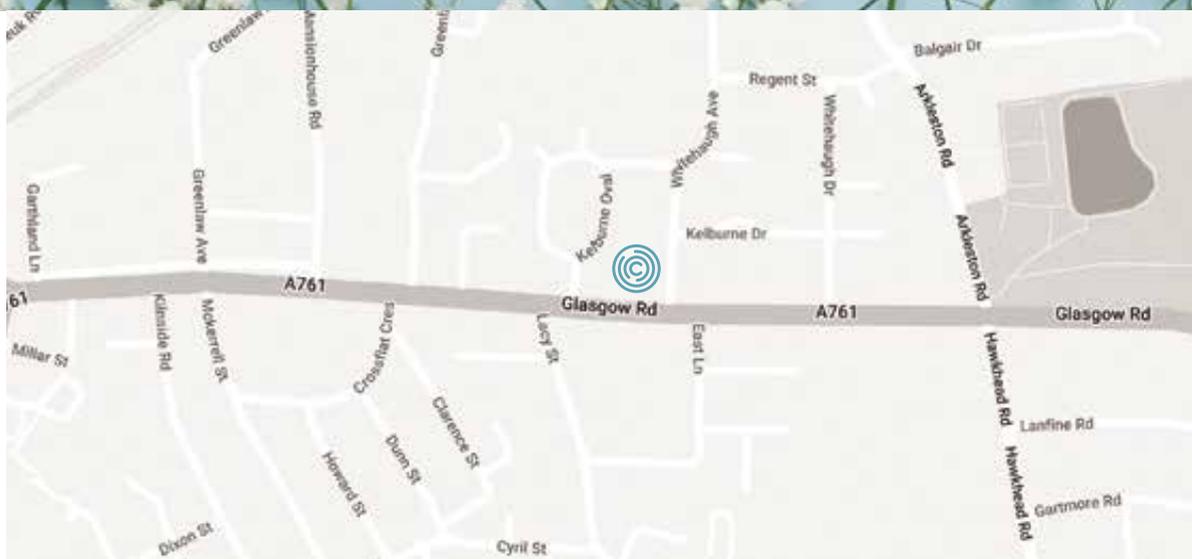


PARTNERS

The aim of CIRCLE is to work in collaboration, forming partnerships and working relationships with other agencies, groups, and organisations throughout Renfrewshire to promote a positive recovery message.



Find us at:
81 Glasgow Road,
Paisley PA1 3PE



Referrals can be made by phoning **0300 300 1199** (option 4) or by emailing a completed referral form to ci.circle.recovery@nhs.scot



CIRCLE



Referrals can be made by phoning
0300 300 1199 (option 4) or by
emailing a completed referral form
to ci.circle.recovery@nhs.scot